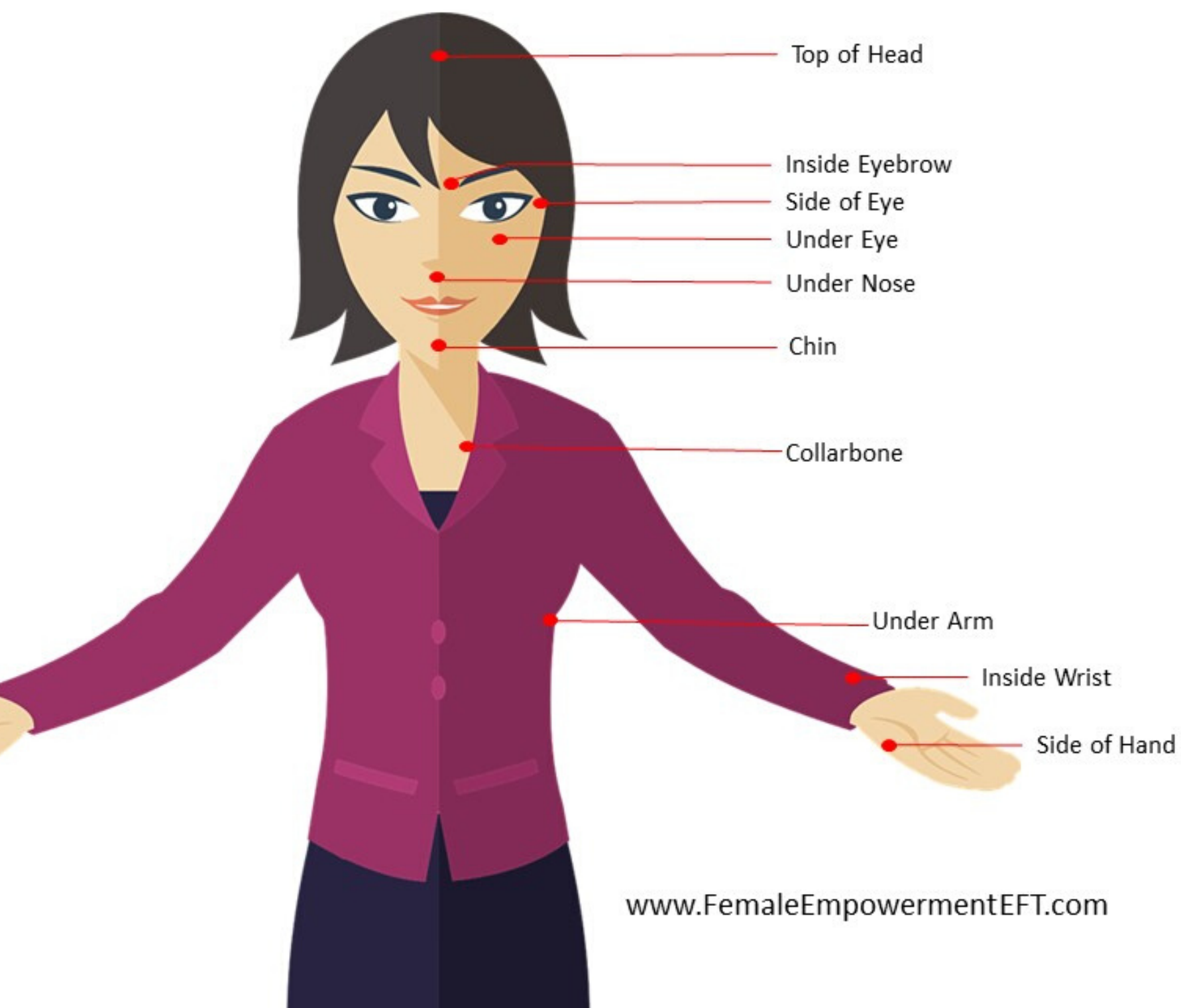


Female Empowerment EFT

Cravings Tapping Guide

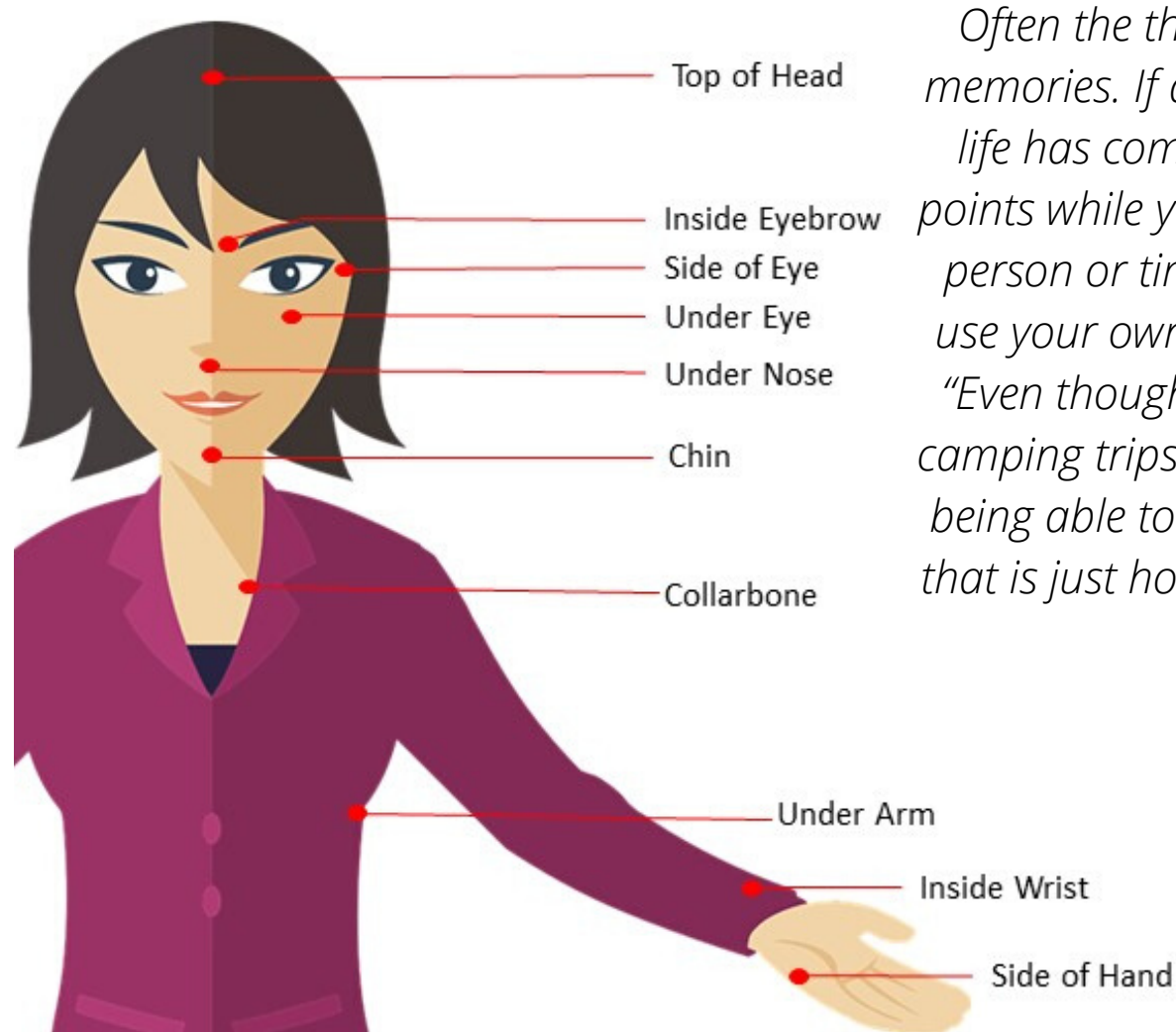


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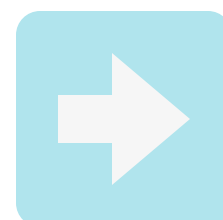
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How to use EFT for Cravings

1. Make sure you are in a safe space (no operating vehicles)
2. Rate the intensity of desire for the item you are craving
3. Identify any emotions you are feeling when thinking about this item (if none that is okay).
4. Tune into the way that this food/drink will feel in your mouth; salty, crunchy, melty, sweet, etc.
5. Begin tapping on the side of the hand: "Even though I really want to have/eat/drink ___ because it will be so ___, I deeply and completely accept myself." Repeat 3 times
6. Continue to tap through the points using descriptive words for the item you are craving.
7. Once you have completed the tapping round, focus on the item and rate your level of intensity.
 - If the level has gone up or stayed the same then try to get more specific with descriptive words, or emotions and complete another tapping round.
 - If the level has gone down but is still there then simply tap another round.
8. Smell the item and see if your level of intensity has changed. Continue to follow the tapping structure above until intensity has decreased.
9. (optional) Take a small bite or sip of the item and see if the intensity has changed.
10. Continue to tap based on need/desire.



Often the things we crave are likely linked to memories. If a memory, person, or time in your life has come up, you could tap through the points while you simply talk about this memory, person or time in your life. It is always best to use your own words, but an example could be "Even though this cookie reminds me of those camping trips I use to take with my Grampa not being able to eat them anymore make me sad, that is just how I feel right now and I honor and accept myself"



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Tapping Out Cravings
Tapping Into Health
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Tapping Into Prosperity
Tapping Into Spirit
Burning Bowl Ceremonies

What are you waiting for? This is your time!

*"I've been having one on one EFT sessions with Lori off and on, as needed, for awhile. I always come out of a session with insights into something that genuinely changes my perspective for the better and helps me to move forward with confidence. She has used Matrix Re-imprinting to reach back into my childhood and find a memory that seems to be the root of several things with which I have struggled giving me a place to focus on healing. And then there was this most recent appointment. WOW! Without having much of an idea of what I wanted to focus on, I simply picked an emotion and used that one word to start. Lori took that one word and started me on a path that led to no place I EVER expected and had THE BIGGEST impact that ANY therapy has had on me in the moment and on my life as a whole. It led to the biggest perspective shift I have ever felt. She did this by being there to provide a safe space for me to explore where that emotion word might take me and provide peaceful support as I needed it. Everything she did was just perfect for me while I experienced my profound moments, including providing the tissues. This woman knows how to sit quietly as well as she knows how to guide as the need arises. Thank you is such a small way to express my gratitude, but it's all I have. Thank you, Lori."
- Vicki, MA*

"There is a definite difference- she has been tapping at night and before she goes to sleep at night. She has not had to see the nurse or counselor all week at school. Not to say that the feelings of anxiety are not there anymore, but she has had a definite difference in ability to work through them and cope on a much better level! Just wanted to keep in touch with you and let you know what a difference we are seeing so far."- Grateful Mom of Middle school age child

"I took a workshop with Lori and have been tapping for some issues over which I'm anxious. It's amazing how much better I felt afterwards and also how other stuff bubbles up that I didn't realize was related. Lori is a great and patient teacher. I really enjoyed the workshop and am looking forward to taking more with her."- Carol, MA